

MO Association for Career and Technical Education

“Secure Your Own Mask First”

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Expectations for Today

- A chance to laugh/learn/share
- Some of the Ain't It Awfuls – Health Status
- Heighten your awareness
- Ask for the Order
- Action solutions-SECURE YOUR OWN MASK FIRST

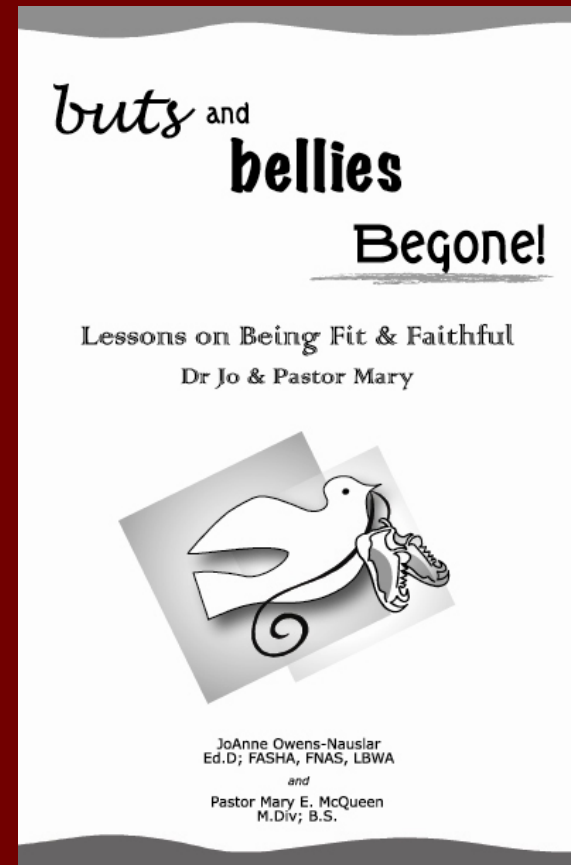
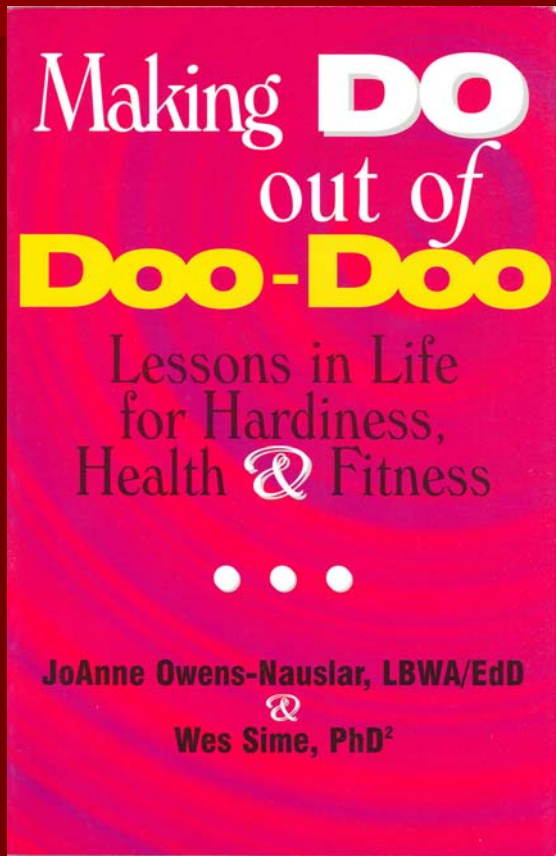
No Scolding. . .



But, I will
get my
cows in
your
pasture!!



Get Moving America



“Even if you’re on the right track, you’ll get run over if you just sit there.” - Will Rogers

- 10%-READ
- 20%-HEAR
- 30%-SEE
- 50%- SEE & HEAR
- 70%-DISCUSS
- 80%-EXPERIENCE
- 95%-TEACH SOMEONE ELSE

- William Glasser

Points To Ponder

- Lack of exercise and poor diet=leading cause of death in the U.S. after tobacco....2006-It's a horserace-Tobacco & Inactivity & Poor Diet=Neck & Neck
- More deaths are caused by lack of exercise and diet than by infectious disease, firearms, motor vehicles, and illicit drug use combined
 - Centers for Disease Control

Secure Your Own Mask First

- Do What is good for your HEART, lungs, liver, brain, bones, eyes & kidneys....
- YOUR HIPS AND BEHIND will be fine.

Stuff to Keep You Sane

- Avoid Housework (Leading cause of cancer and heart disease) 😊
- Change Sick Leave to YOUR Leave
- Walk Off the Job-Tobacco Users DO
- Practice the Dipper in the Bucket Theory
- Avoid Stinkin' Thinkin' ☹
- Join ME...Be a HOOKER & a PUSHER

Televisions in the HOME

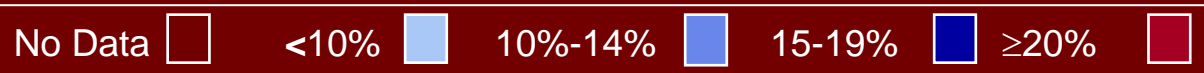
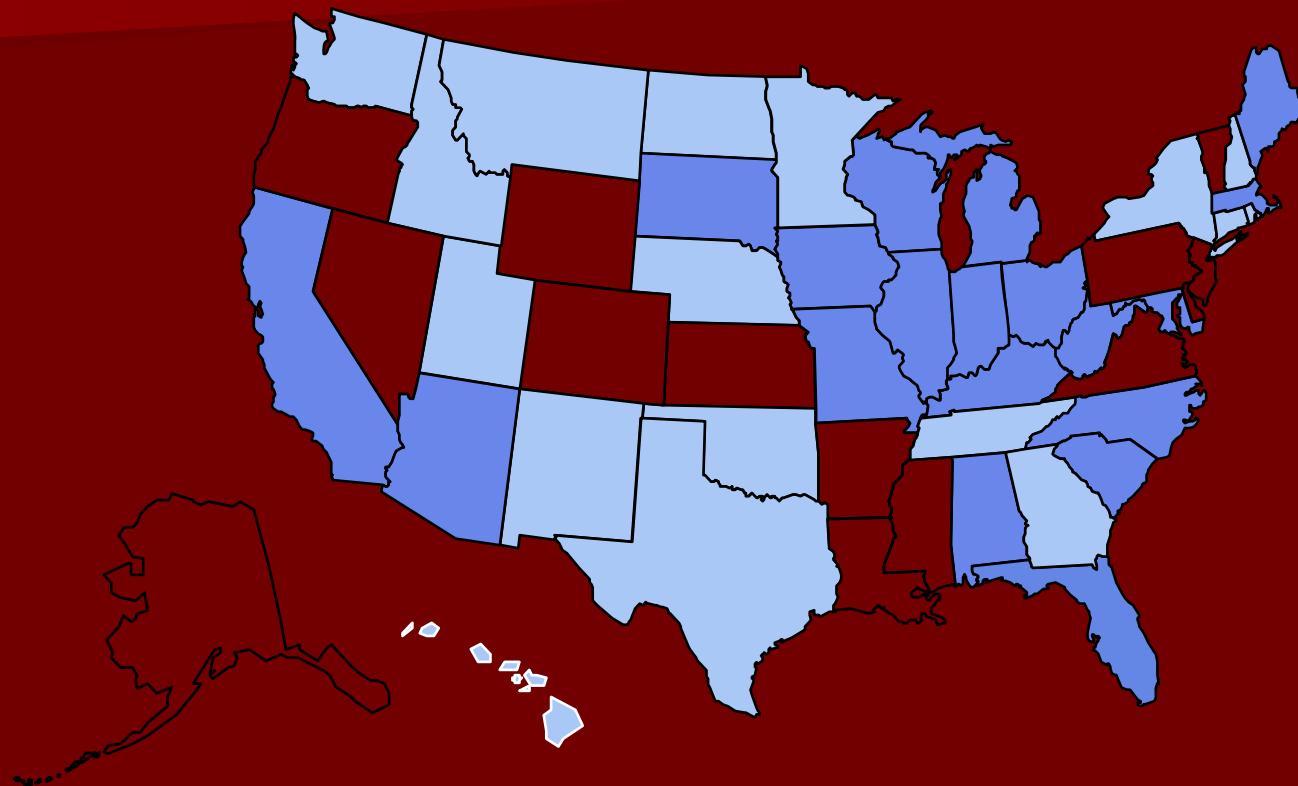
- 1970-6%-3 or more TV's in HOME
- 1999-60%-3 or more TV's in HOME
- 1970-6%-6th graders TV in Bedroom
- 1999-77%-6th graders TV in Bedroom

Source:

Kaiser Family Foundation, Kids & Media at the New Millenium-1999

Obesity Trends* Among U.S. Adults BRFSS, 1988

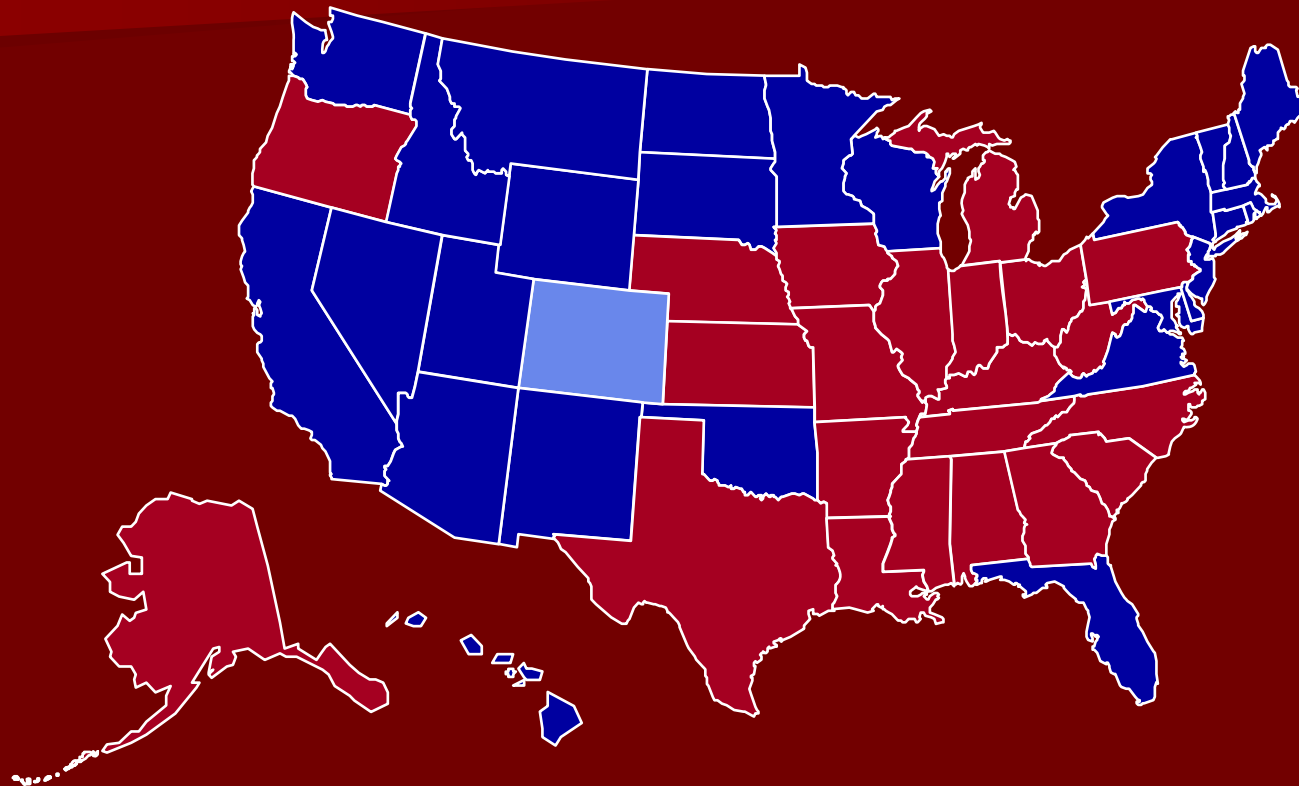
(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



Source: Mokdad AH.

Obesity Trends* Among U.S. Adults BRFSS, 2000

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)



No Data ☐ <10% ☐ 10%-14% ☐ 15-19% ☐ ≥20% ☐

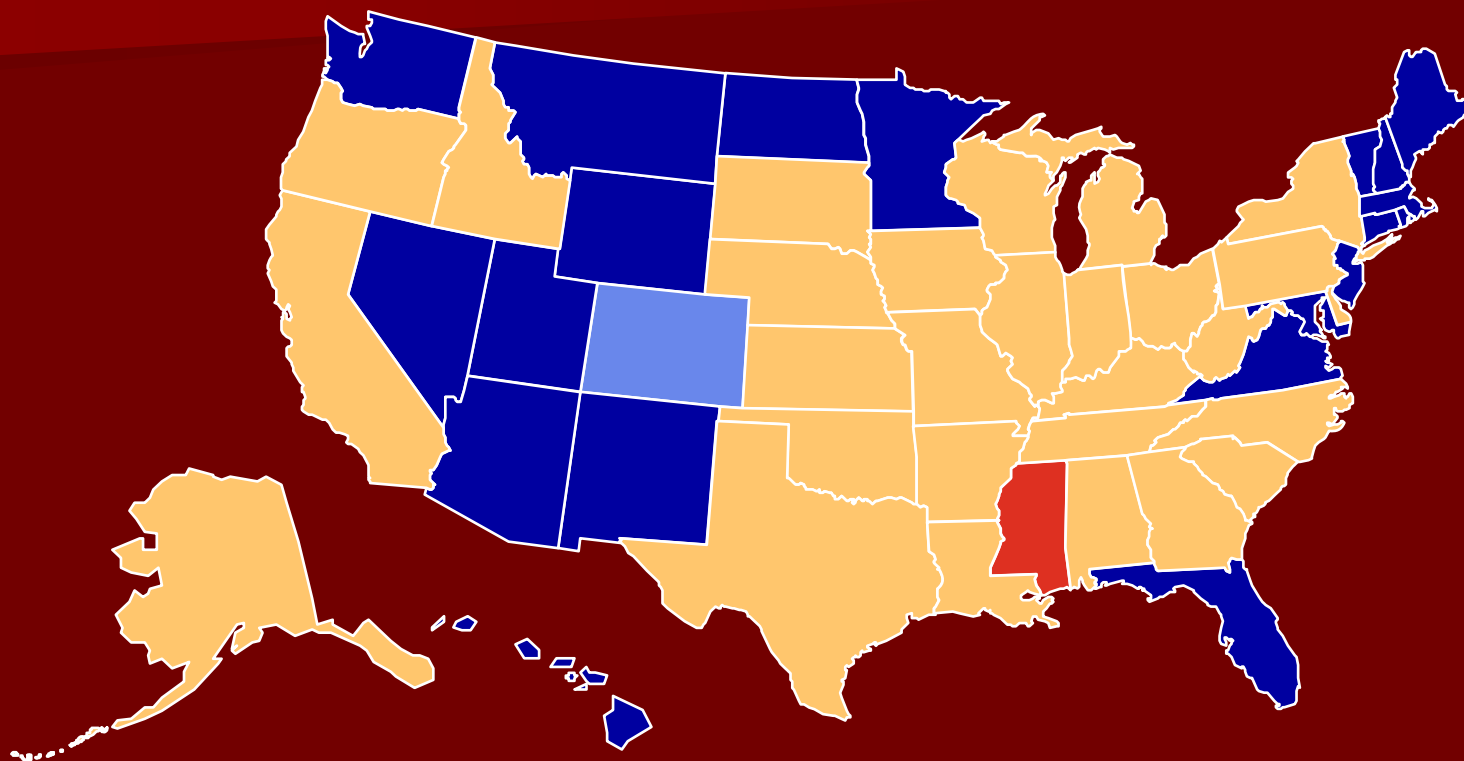
Source: Mokdad A H, et al. *J Am Med Assoc* 2001;286:10



Obesity Trends* Among U.S. Adults

BRFSS, 2001

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" woman)

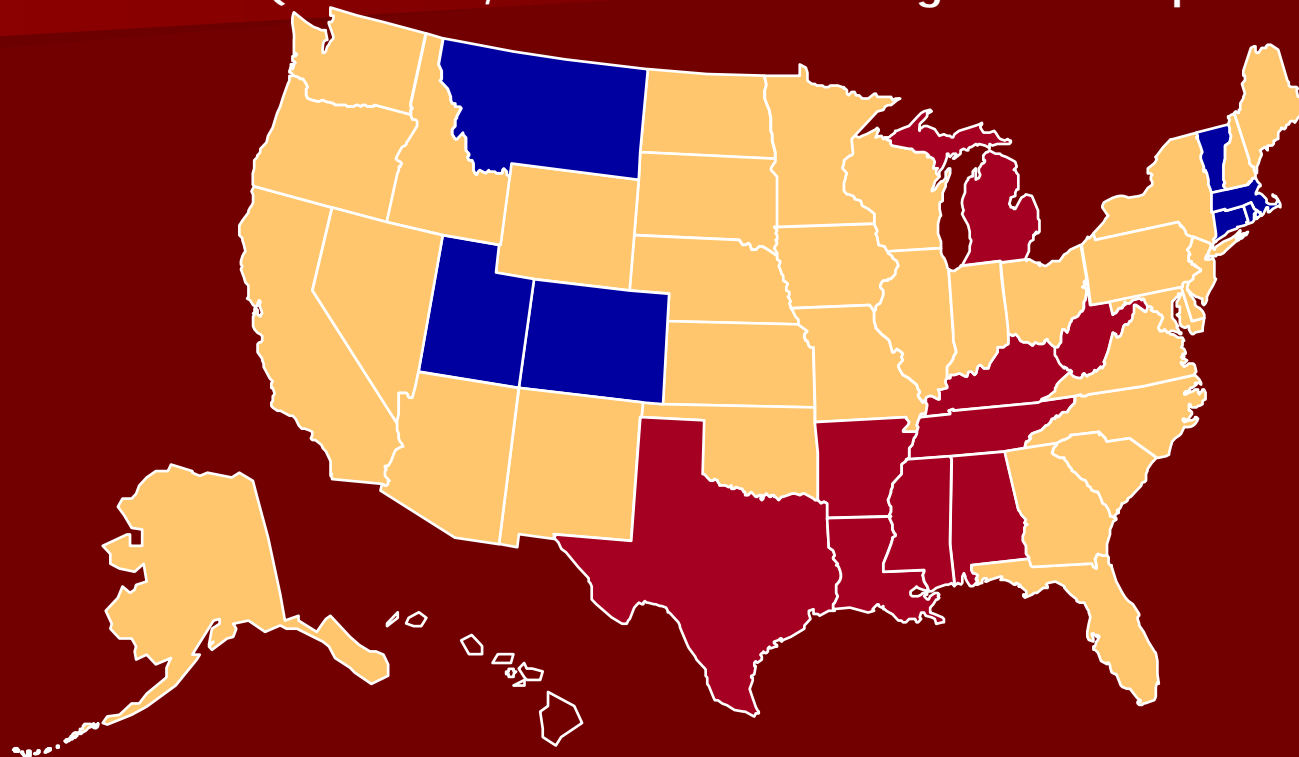


□ No Data □ <10% □ 10%–14% □ 15%–19% □ 20%–24% □ ≥25%

Obesity Trends* Among U.S. Adults

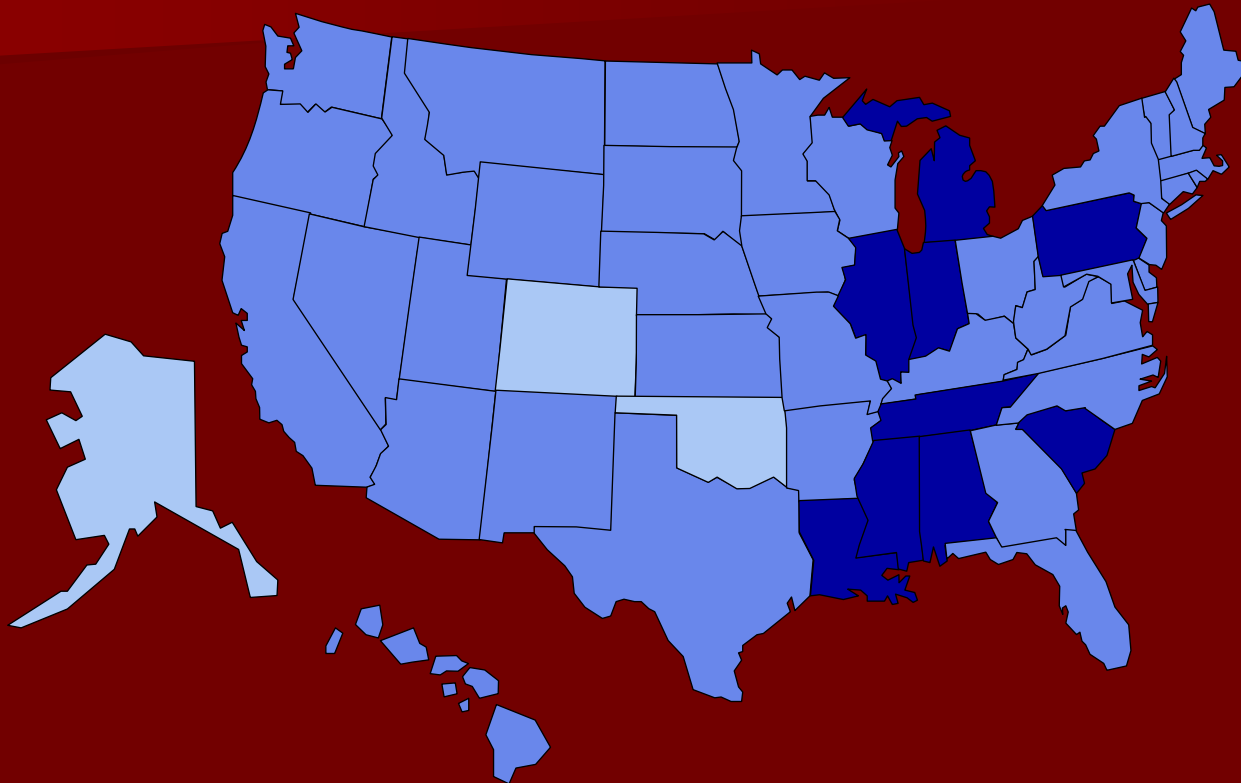
BRFSS, 2004

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5' 4" person)



Legend: No Data, <10%, 10%–14%, 15%–19%, 20%–24%, $\geq 25\%$

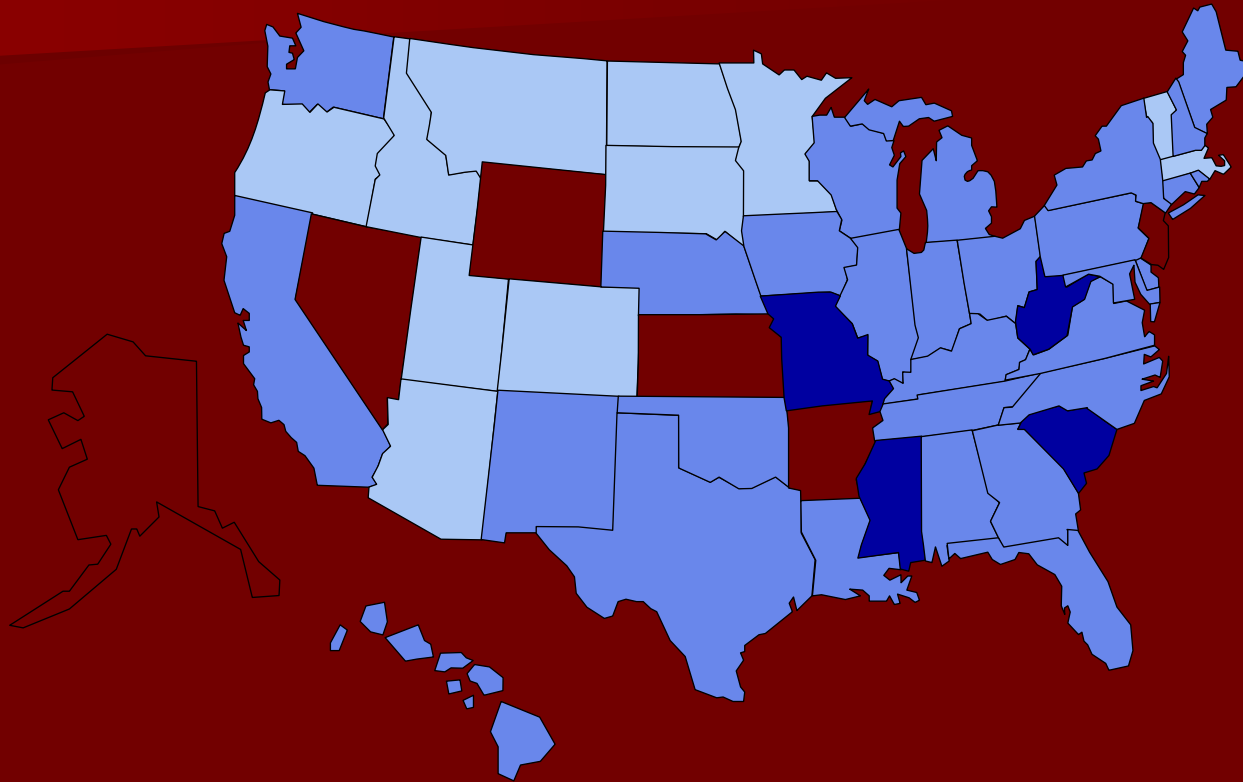
Diabetes Trends* Among Adults in the U.S., (Includes Gestational Diabetes) BRFSS 1995-96



Legend: No Data, <4%, 4%-6%, 6%-8%, 8%-10%, >10%

Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83; *J Am Med Assoc* 2001;286:10.

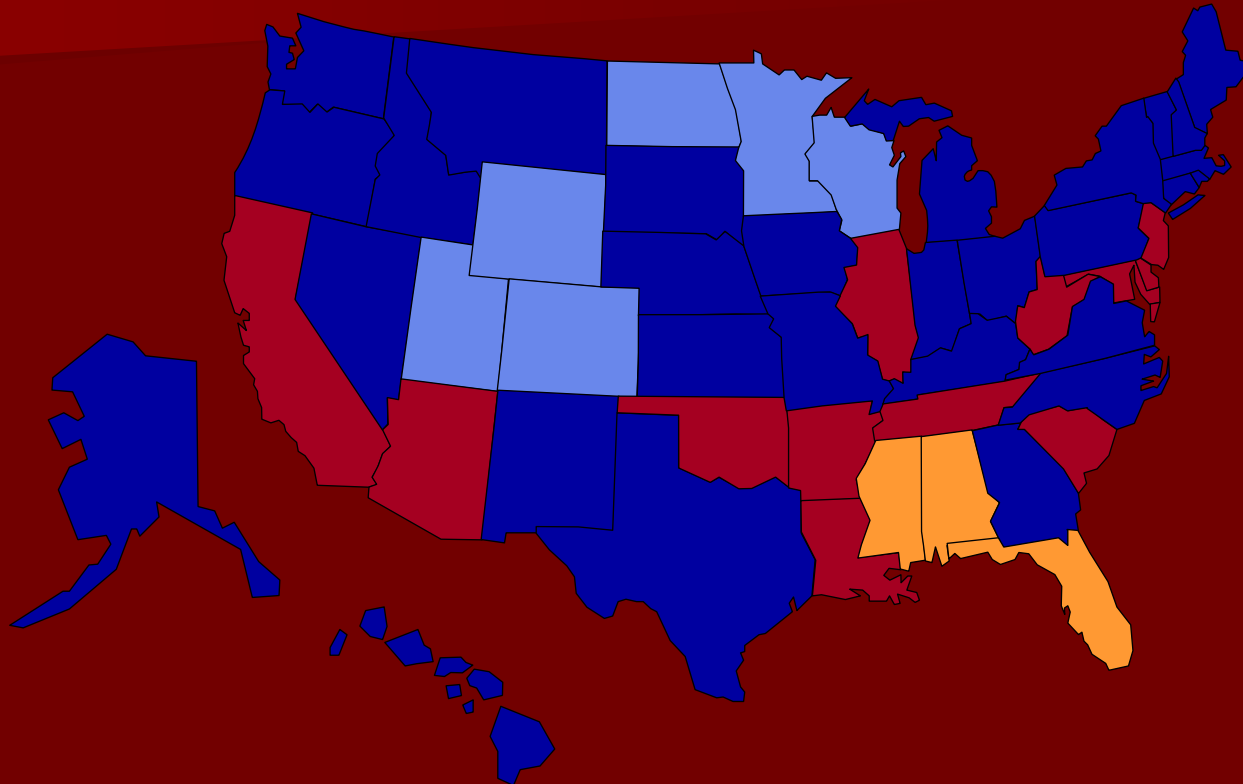
Diabetes Trends* Among Adults in the U.S., (Includes Gestational Diabetes) BRFSS 1990



Legend: No Data, <4%, 4%-6%, 6%-8%, 8%-10%, >10%

Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83; *J Am Med Assoc* 2001;286:10.

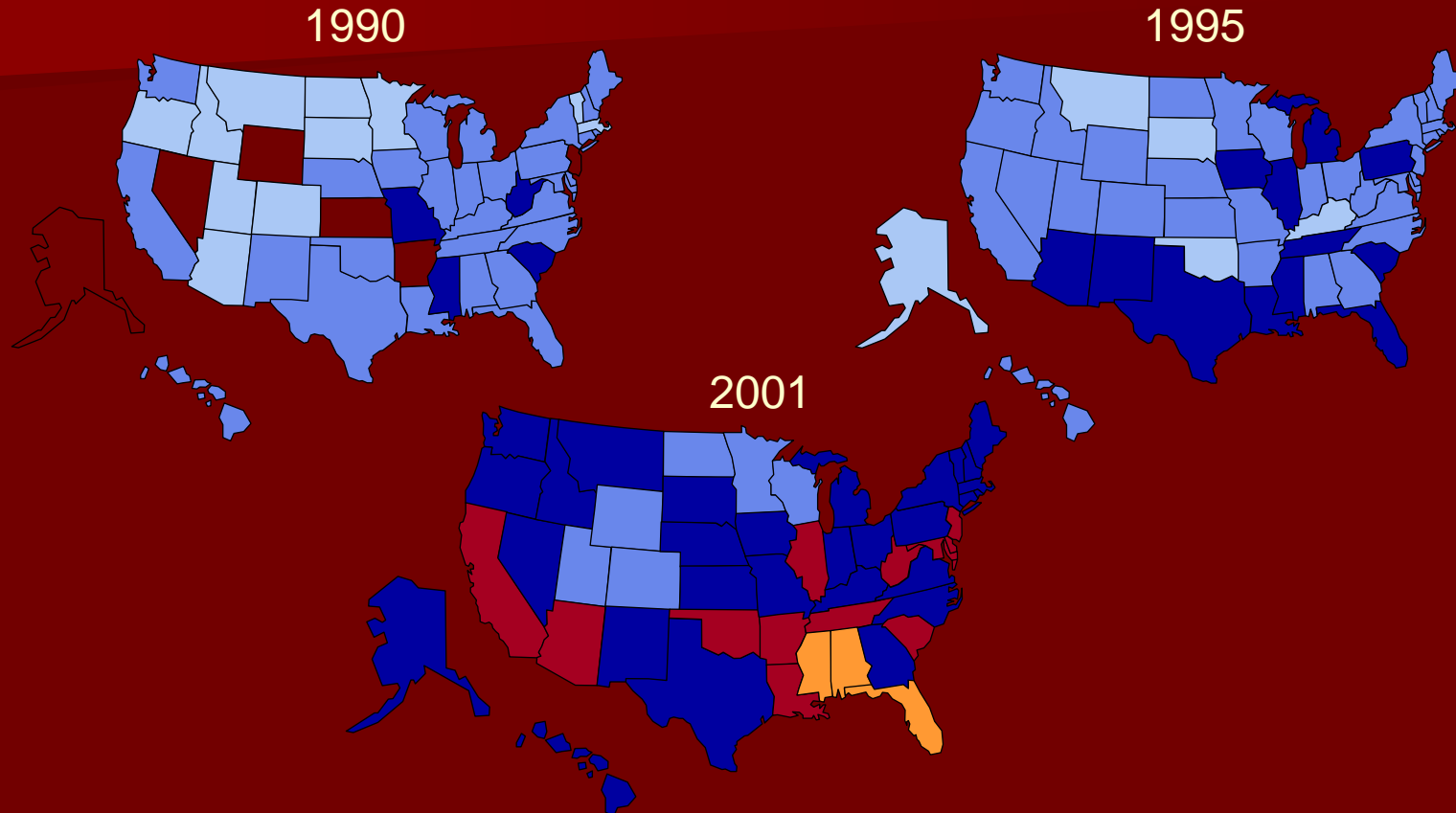
Diabetes Trends* Among Adults in the U.S., (Includes Gestational Diabetes) BRFSS 2001



□ No Data □ <4% □ 4%-6% □ 6%-8% □ 8%-10% □ >10%

Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83; *J Am Med Assoc* 2001;286:10.

Diabetes Trends* Among Adults in the U.S., (Includes Gestational Diabetes) BRFSS, 1990, 1995 and 2001



□ No Data □ <4% □ 4%-6% □ 6%-8% □ 8%-10% □ >10%

Source: Mokdad et al., *Diabetes Care* 2000;23:1278-83; *J Am Med Assoc* 2001;286:10.

Ideas for Action

- Challenge someone...who can get the greatest number of people to KNOW THEIR NUMBERS? (Cholesterol, High Density Lipoproteins, Low Density Lipoproteins, Steps, etc.; Blood Pressure, Family History)
- Pedometer Power-NO CARB/NO FAT/LOOKS GOOD ON YOUR WAISTLINE
- Reminders: No Smoking, Nutrition (1 M&M-110 Steps to burn it OFF), Activity, Stress Management, Sleep & Rest, Hydration
- Manage your STRESS
- Demand P.E. (Physical Education) -5 days a week-150min.-225min-NO CHILD LEFT ON THEIR BEHIND

Coping & Health Enhancement Skills

- Less StuffMore FUN
- Physical Activity is Essential
- Nutrition
- Relaxation & Centering
- Journaling
- Belief
- Needed and Noticed
- Volunteerism

Additional Skills

- STRESS MANAGEMENT IS ESSENTIAL:
- Power of Positive Attitude
 - Don't get your colon in a wad
 - Cranky pants and angry eyebrows over a long period of time can be health debilitating.
 - Serenity Prayer-Take Charge of the things you can control, let go of the things you CAN NOT control, and have the wisdom to know the difference.

CALORIC EXPENDITURE

- **Final Question of the day?**
- Did you eat M&Ms when you came in? How many? To burn off 1 M&M you will need to walk the length of 1 football field to burn it off. An entire bag of M&M has 53 candies!
- 12 oz can of cola = 28
- Snickers bar = 53
- Slice of cheese pizza = 80
- Fast food cheeseburger = 110
- Big bucket of buttered popcorn = 200
- Burger, fries and shake = 240

REDEFINE SUCCESS & Secure You
Own Mask First

■ SINCERE
DEDICATION

REDEFINE SUCCESS & Secure Your Own Mask First

■ UNIQUE

REDEFINE SUCCESS & Secure Your Own Mask First

- COMMITMENT

- COMMUNICATION

COMMUNICATION

- Dr. Jerry Thomas-Veterinarian & Taxidermist . . . ***EITHER WAY....
YOU GET YOUR DOG BACK.***
- CALL-XXX-XXX-XXXX

REDEFINE SUCCESS & Secure Your Own Mask First

■ ENERGY

■ EXERCISE

SECURE YOUR OWN MASK FIRST

- Stress Management- *IF YOUR HORSE IS DEAD*
- *DISMOUNT!*
- Success: If it is to be...it is up to me.

See A Sermon

*I'd rather see a sermon than
hear one any day . . . I'd rather
one should walk with me than
merely show the way.*

*The eye is a better pupil and
more willing than the ear. Fine
counsel is confusing, but
examples always clear.*

*I soon can learn to do it, if
you'll let me see it done. I can
see your hands in action, but
your tongue too fast may run.*

*And the lectures you deliver
may be very fine and true, but
I'd rather get a lesson by
observing what you do.*

*For I may misunderstand you
and the HIGH ADVICE you
GIVE,*

*BUT there's no
misunderstanding how you act
and how you LIVE!!*

Edgar Guest

Secure Your Own Mask First

*People who want milk
should not seat themselves
in the middle of the pasture
and hope that the cow
backs up to them.*



DON'T QUIT

When things go wrong as they sometimes will,
When the road you're trudging seems all uphill.
When the funds are low and the debts are high,
When you want to laugh but you have to cry.

Don't Quit

When life is pressing you down a bit, rest if you must, but please don't quit. Life is weird with it's twists and turns as many of us sometimes learn.

Don't Quit

- And many a failure turns about when you might have won had you stuck it out. So don't give up though the pace seems slow, you may succeed with another blow.

Don't Quit

Success is failure turned inside out the silver tint of the clouds of doubt. And you never can tell how close you are. It may be near when it seems so far.

Don't Quit

SO STICK TO THE FIGHT WHEN
YOU'RE HARDEST HIT, IT'S
WHEN THINGS SEEM WORST
THAT YOU MUST NOT QUIT!!!